

# Ham and Spinach Pizza

This pizza puts a sophisticated twist on the traditional, while delivering full flavors and melted cheesy goodness!



## INGREDIENTS

(Makes 1 pizza)

Pre-baked crust*, 30cm	1
Red onion, julienned	75g
Garlic, chopped	15g
Olive oil	20ml
Pizza sauce	120ml
Spinach leaves, stem removed	30g
<b>U.S. Monterey Jack Cheese**, shredded</b>	<b>100g</b>
Ham, diced	100g
<b>U.S. Brie Cheese, sliced thin</b>	<b>150g</b>
Ground cumin	4g
Salt and pepper	To taste

\*Using raw dough crust - bake at 260°C (500°F) on a pizza stone.  
\*\*May be substituted with U.S. mozzarella.

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	255kcal
<b>Total Fat</b>	14g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	50mg
<b>Total Carbohydrates</b>	17g
Dietary Fiber	1g
Sugars	1g
<b>Protein</b>	14g
Calcium	226mg
Magnesium	17mg
Phosphorus	154mg
Potassium	154mg
Sodium	389mg
Iron	9mg
Vitamin A	600IU
Vitamin C	3mg

## PREPARATION

1. **Toss red onions and garlic with 10ml olive oil, and roast in hot oven until soft, about 5 minutes. Cool.**
2. **Spread sauce on pizza crust.**
3. **Toss spinach with 10ml olive oil to coat lightly, and arrange on top of sauce.**
4. **Sprinkle Monterey Jack cheese and ham over top.**
5. **Sprinkle cooled red onion mixture on top of ham.**
6. **Arrange brie slices on top and sprinkle with cumin, salt and pepper.**
7. **Bake at 220°C (425°F) for 8-10 minutes or until crust is lightly browned and cheese is melted.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. Photo courtesy of the Wisconsin Milk Marketing Board. ©2014 U.S. Dairy Export Council.